

"Simplified Taijiquan"

24 form

- 1 Opening Form (Sitting in the Emperors Chair)
- 2 Part Wild Horse's Mane X 3
- 3 White Crane Spreads Its Wings
- 4 Brush Knee Push X 3
- 5 Lady Strums The Lute (Plays The Piba)
- 6 Repulse The Monkeys X 4
- 7 Grasp Peacocks Tail, to the Left
- 8 Grasp Peacocks Tail, to the Right
- 9 Single Whip
- 10 Wave Hands Like Clouds - Left Style, X 3
- 11 Single Whip
- 12 High Pat On Horse
- 13 Kick With Right Heel
- 14 Twin Dragons Search For Pearl (Box The Ears)
- 15 Turn And Kick With Left Heel
- 16 Snake Creeps Down, and Golden Cockerel Stands on One Leg - left style
- 17 Snake Creeps Down, and Golden Cockerel Stands on One Leg - right style
- 18 Fair Lady Works Her Shuttles On Both Sides
- 19 Hunt The Needle At The Bottom Of The Sea
- 20 Flash Out Arms (Fan Up The Back)
- 21 Turn, Deflect Downward, Parry And Punch
- 22 Apparent Close-up
- 23 Embrace Tiger
- 24 Return To Mountain